

**Activity:**

***Affirming a Positive Change***

*Record the responses on a flip chart*

1. Ask the group to identify people who can help prevent osteoporosis or minimize bone loss. Possible responses might include:

- Physician Hospitals/Health Departments
- Dietitian Support groups
- Physical Therapist Walking groups

2. Ask the group to identify one change they can make or action they can take to help improve their health and prevent or minimize the effects of osteoporosis. Possible responses might include:

- Buy non-fat yogurt
- Join a walking group
- Discuss osteoporosis with a physician or health care provider

3. Invite the audience to ask questions about the presentation and urge them to discuss further health questions and concerns with a healthcare provider.

4. Encourage the audience to share information about osteoporosis with other family members, including children, mothers, sisters, grandparents, and friends.

5. Encourage participants to make a silent contract with themselves to take action within the next 24 hours.

***A healthy lifestyle should be part of any prevention or treatment strategy!***